

TWELVE YEARS OF FAILING HEALTH

Brought to Happy End. Says the
People in Three Counties Know
What Cardui Did For Her.

Weaverville, N. C.—Mrs. Abbas all Hampton, of this place, says that about 12 years ago she began to take Cardui after having been in failing health for 12 years, during which time she had to take to her bed four days out of each month, and suffered agony; that the doctors told her she must have female trouble and gave her medicine which did her no good and finally insisted on her going to the hospital for treatment.

She goes on to say: "I am a large woman, and my ordinary weight, 160 pounds, went down to 135, I got so bad I just dragged around and could scarcely sit up. . . . My neighbors all thought I was going to die and would say I couldn't live long. My little daughter thought the same. . . . My husband and friends urged me to try Cardui, and he bought me some of it. I began feeling better as soon as I began taking it, and I steadily improved until I was well and strong. I make my garden, do my housework and have cooked for 20 boarders at one time. Am a strong, healthy woman, permanently cured by Cardui. My husband and I can't say enough for Cardui. . . . The people in three counties know what this medicine has done for me, for neither I nor my husband ever cease praising it."

Cardui is for sale at all druggists with full directions for use. Try it.

Talks From Experience.
"Do you believe that there is a higher power?"
"My dear sir, I married her."—Life

WOMAN'S CROWNING GLORY
Is her hair. If yours is streaked with ugly, grizzly, gray hairs, use "La Creole" Hair Dressing and change it in the natural way. Price \$1.00.—Adv.

Of Good Repute.
"Hut what is his reputation? That is the principal thing."
"Well, papa, he is reputed to spend fifty thousand a year. That's good enough for me!"—Judge.

Home, Sweet Home.
"Home is where the heart is," remarked the sentimentalist.
"That's right," replied the ordinary person. "You can always tell what town a man is from by observing what ball club he roots for."

His Way of Revenge.
Old Lady—Why are you not playing ball with the other little boys?
Little Boy—I muffed or fly in de felf field, an' de capt'n' chucked anodder feller in de place.
Old Lady—I wouldn't watch them play if they treated me like that.
Little Boy—I ain't watchin' 'em play; I'm waitin' till the game's over ter lick de capt'n'.

Use for the Copper.
A policeman, with more than usual avoidupous and expanse of shoe leather, had just passed a little terrace house, with a bit of garden in front, when a little boy ran after him.
"Halloo, kiddie," said the copper, mentally, "what can I do for you?"
"Mother sent me out," answered the youngster, "to ask you if you would mind walking up and down our path for a minute or two. It's just been graveled, and we ain't got a roller."

A DOCTOR'S EXPERIENCE
Medicine Not Needed in This Case.

It is hard to convince some people that coffee does them an injury! They lay their bad feelings to almost every cause but the true and unsuspected one.

But the doctor knows. His wide experience has proven to him that, to some systems, coffee is an insidious poison that undermines the health. Ask him if coffee is a cause of constipation, stomach and nervous troubles.

"I have been a coffee drinker all my life, and when taken sick two years ago with nervous prostration, the doctor said that my nervous system was broken down and that I would have to give up coffee.

"I got so weak and shaky I could not work, and reading an advertisement of Postum I asked my grocer if he had any of it. He said, 'Yes,' and that he used it in his family and it was all it claimed to be.

"So I quit coffee and commenced to use Postum steadily, and in about two weeks I could sleep better and get up in the morning feeling fresh. In about two months I began to gain flesh. I weighed only 146 pounds when I commenced on Postum and now I weigh 167 and feel better than I did at 20 years of age.

"I am working every day and sleep well at night. My two children were coffee drinkers, but they have not drunk any since Postum came into the house, and are far more healthy than they were before." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c pack ages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.
"There's a Reason" for Postum
—said by Grocers

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course, the Moody Bible Institute, Chicago.)

LESSON FOR OCTOBER 10

ELIJAH TAKEN UP INTO HEAVEN.

LESSON TEXT—II Kings 2:1-12a.
GOLDEN TEXT—In thy presence is fulness of joy, at thy right hand there are pleasures forever more.—Ps. 16:11.

This chapter is in type the Christian's chapter. There are two chief divisions: (1) Translation vv. 1-12; (2) reception and use of power vv. 12-25. The event occurred probably 893 B. C. This is a wonderful lesson for youth as it emphasizes that the way to heaven is the way to the best of life.

I. Elijah's Testing, vv. 1-8. Since Carmel, Elijah had largely been working according to the "still small voice." He had revived the schools of Samuel, but now in some way notice was sent from God that the time of his departure was at hand. How Elijah learned this fact the record does not suggest, but he had had a great object lesson in Elijah's faithful, step-by-step obedience to Jehovah's word and doubtless was listening keenly for Elijah's words and for the voice of Jehovah. This explains Elijah's tenacity. Gilead (v. 1) means "wheel."

—our reproach rolled away, and is a picture of our salvation (I. Peter 5:7; Ps. 55:22). Elijah had already learned the lesson of being supplanted by a younger man and so he gracefully allows Elijah to follow him. "Bethel," the house of God, was a good place to tarry but not for Elijah at this time. Now (v. 3) fifty "sons"—pupils—of the prophet seek to dissuade Elijah. Knowing something was about to happen, they "stood to view afar off," but were not willing to draw near, to follow like Elijah. They thereby failed to reap a rich reward (John 12:26). Jericho (v. 4) means "france."

It is the place of temptation (I. Cor. 10:13). This was 14 miles farther and contained a settlement of prophets. Again Elijah and Elisha passed on, the one to glory, the other to the fullness of the Holy Spirit. At Jericho (v. 5) the "sons of the prophet" evidenced greater interest than those at Bethel, but in reply to their challenge Elisha commanded silence. The last difficulty to confront them was Jordan (death), but they do not hesitate, for God had provided even for that contingency. Neither are we to hesitate but willingly "die unto self." Here the aged prophet exercised his supernatural power and they "went over on dry ground" (v. 8). Through this journey seems to have been revealed only stage by stage, yet it was direct to the final goal, and at each stage, though they saw not the end, they knew where to go next. This loyalty of Elisha to Elijah is a great lesson for us to follow in our service of Christ—our privilege of loyalty to his cause and the blessing which will result thereby. No great victory or blessing ever comes without much travail and testing.

II. Elijah's Translation, vv. 9-12a. Even as in the first section we see in type the plan of salvation so in this section we are taught the resultant facts and the experiments which come to us when the blessing is received. Elisha is now encouraged to "ask," yet we have a like promise from a greater than Elijah which we too often neglect (John 14:13, 15:17). Elijah was such a mighty man of prayer (James 5:17, 18) that he was on intimate terms with God and could therefore make such an offer to Elisha (see Acts 8:15, 17). Notice that the "fifty sons of the prophets" who "stood afar off" were not on the right side of the river to receive a like promise or enter into the same fellowship. In a sense this was Elisha's final test. Again Elisha may not have known the plan of God that a man so unlike himself was to take the place of leadership. Elijah said, however, "if thou see me when I am taken from thee," if God gives you spiritual vision to use and to understand, then he will accept you as my successor. There must be persistence to the end and spiritual vision. "As they still went on" Elijah went up, not in a chariot but attended by chariots and by a "whirlwind into heaven." (See also Ezek. 1:4; II Kings 6:17). Elijah, the man of tempestuous fire and sword, who in his hour of weakness prayed to die, is swept out of sight amid a display of God's power in and through nature.

Note the simplicity of the record—one verse—as though such power were a simple and a common thing for Jehovah.

The translation of Jesus was quite different and properly so (Acts 1:9; Luke 24:51).

"And he saw it." Elisha's eyes were open and he saw his departing chief, therefore he became his successor according to the promise.

As a visible proof of his new appointment Elijah let his well-known mantle fall, as he ascended, and Elisha took it and is recognized as Elijah's successor.

What is heaven? Read the last chapter of Revelation.

Do we live after death? Elijah and Moses on the Mount of Transfiguration, and the resurrected Christ prove that death is but the transference to another field of activity.

SKIM MILK AS FOOD

ECONOMICAL SOURCE OF NUTRIMENT MANY OVERLOOK.

Butterfat the Only Nutrient in Whole Milk That is Lacking in Skim Milk—Extremely Valuable in Cooking.

Prepared by the United States Department of Agriculture.

The possibilities of skim milk as a human food have been rather neglected, according to specialists in the United States department of agriculture. Butterfat is the only nutrient in whole milk that is lacking in skim milk; practically all of the mineral substances, carbohydrates and protein remain in the skim milk.

Because of the large proportion of the protein in it, skim milk, like whole milk, may be classed with such foods as eggs, meat, fish, poultry and cheese. Protein not only serves as fuel for the body—a service performed also by fats, sugars and starches—but also supplies nitrogenous tissue-building material. Two and a half quarts of skim milk contain almost as much protein and yield about as much energy as a pound of round of beef. A quart of skim milk contains more than twice as much nourishment as a quart of oysters which cost several times more. An economical and profitable combination is an oyster stew made with skim milk.

In cooking there is indeed little or no difference in taste between skimmed and unskimmed milk. In the making of cereal dishes, for instance, the use of skim milk in place of water adds greatly to the nutritious value, particularly by raising the amount of tissue-forming materials. In making milk soups, chowders, custards and cakes, also, it can be profitably used. In chowders the lack of fat is made up by the use of salt pork. The following recipe for corn chowder calls for no ingredients that are difficult to secure and will be found attractive and nourishing.

One can of corn or one pint of fresh corn, grated, four cupfuls potatoes, cut into small pieces, two ounces salt pork, one small onion, chopped, four cupfuls skim milk, one tablespoonful salt, four ounces crackers.

Cut the pork into small pieces and fry it with the onion until both are a delicate brown. Add the potatoes and corn; cover with water, and cook until the vegetables are soft. Add the milk and salt, and reheat. It is well to allow the crackers to soak in the milk while the potatoes and corn are being cooked. Some people cook the corn from which the corn has been removed, in water, and later use this water for cooking the potatoes and corn.

In recommending skim milk as food, the fact should always be kept in mind that it has gone through one more process in the course of its preparation for family use than whole milk has—that of separation or skimming. This, in the case of a food material so liable to become contaminated and to be the carrier of disease, is a very important matter, and the consumer should take even more pains than in buying whole milk, to know that it has been carefully handled, particularly if it is to be used raw.

The provisions of the food and drug act and common honesty require that skim milk should be sold for what it is, and never for whole milk. It should be plainly labeled as skim milk. To sell it as whole milk would not only be a violation of the federal food and drug act, in cases where that law applies, but also a violation of the state law in any state where it might be sold.

Blackberry Cordial.

Mash the blackberries and cook slowly without water for half an hour. Strain and measure the juice. To each quart add half a pint of sugar, half a teaspoonful of cinnamon, one-fourth of a teaspoonful of ground cloves, and half a nutmeg, grated. Boil half an hour, cool and add a gill of brandy. Bottle and keep in a cool place. This is excellent for elderly people or for patients with a tendency to bowel trouble.

One-Egg Cake.

Cream one-quarter cupful of butter, add gradually half a cupful of sugar, beating thoroughly. Add one egg, well beaten, one and a half cupfuls flour, two and a half teaspoonfuls baking powder, alternately with half a cupful of milk. Beat until well mixed only. Bake in a buttered floured shallow pan, then ice.

A Dainty Hint.

The odor of soap that often clings to clothes is not at all desirable. A lump oforris root, put in the rinsing water for fine pieces such as handkerchiefs, lingerie and blouses will give a delicate violet perfume more permanent than that of the ordinary sachet.

Peaches and Rice.

Arrange a mound of boiled rice in the middle of a dish. Have ready on the side some sliced, sweetened peaches. Put the peaches around the rice and pour their juice, formed with sugar, over the mound and rice.

When Hanging Curtains.

Curtains are easily run on brass rods if a thimble is first placed on the end of the rod.

Peaches and Oranges.

For a tempting dessert, slice to gether peaches and oranges. Sweeten slightly and serve very cold.

The Rupture.
Knicker—Fire the cook?
Bocker—Well, we handed her her passports.—New York Sun.

PREMATURE BALDNESS

Due to Dandruff and Irritation, Prevented by Cuticura.

The Soap to cleanse and purify, the Ointment to soothe and heal. Daily shampoos with Cuticura Soap and occasional applications of Cuticura Ointment gently rubbed into the scalp skin will do much to promote hair-growing conditions.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XV, Boston. Sold everywhere.—Adv.

The Leader.
Knicker—What is his motto?
Bocker—First be sure you're right, then lose your head.

STOP THOSE SHARP SHOOTING PAINS
"Femina" is the wonder worker for all female disorders. Price \$1.00 and 50c.—Adv.

There are some 800 farmers' clubs in Minnesota at the present time.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood, and Builds up the Whole System. 50 cents.—Adv.

The Spirit of His Ancestors.
Visitor—It's a terrible war, this, young man—a terrible war.
Mike (badly wounded)—Tis that, sorr—a terrible war. But 'tis better than no war at all.

DEATH LURKS IN A WEAK HEART, so on first symptoms use "Renovine" and be cured. Delay and pay the awful penalty. "Renovine" is the heart's remedy. Price \$1.00 and 50c.—Adv.

Given his choice, a dog prefers chasing a cat to any other form of amusement.

Red Cross Ball Blue, made in America, sharpens the best, brightens the ironwork. All good goods.—Adv.

A woman can inherit money and retain her common sense. But marrying it often makes a fool of her.

Renew

Your Health

Back of all good health there must be perfect digestion, liver and bowel activity and pure blood. You can help Nature bring about this condition with

**HOSTETTER'S
Stomach Bitters**

Children Cry For

Fletcher's CASTORIA

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

On Installments.
"Is this piano yours?"
"Oh, about an octave of it."—Boston Transcript.

A FRIEND TO THE WORKINGMAN

Five years ago I was so troubled with kidney trouble and inflammation of the bladder that I had to leave working my farm. Life looked dark to me until I heard of Dr. Kilmer's Swamp-Root through a cured friend. I tried a bottle and began to feel better at once. After using five or six bottles I felt fine and have continued to work as I had before my affliction.

I want to state that Dr. Kilmer's Swamp-Root is a kidney medicine that will cure and I owe my good work during the past five or six years to it.

Yours very truly,
C. W. MORRIS,
R. F. D. No. 5, Box 51, Prescott, Ark.

Subscribed and sworn to before me, this 27th day of March, 1912.

O. B. GORDON,
Notary Public.

This is to certify that Mr. C. W. Morris has bought Swamp-Root at this store in the past.

Adam Guthrie, Jr.,
Druggist.

Frove What Swamp-Root Will Do For You
Send to cents to Dr. Kilmer, Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

A prize fighter's idea of plenty of money is enough of it to start a saloon.

Magic Washing Stick

This is something new to housewives—something they have wanted all their lives, but never could get before. It makes it possible to do the heaviest, hardest washing in less than one-half the time it took by old methods, and it eliminates all rubbing and mangleing. No washing machine is needed. Nothing but this simple, little preparation, which is absolutely harmless to the finest fabrics—white, colored or woven. It makes the hardest task of the week a pleasant pastime—a delightful occupation. You will be delighted at the clean, spotless, snow-white clothes that come out of the rinsing water, and all without any effort on your part. The Magic Washing Stick does it all—and remember, without injury to the most delicate goods, colored or white, woollens, linens, lace, capes, etc. Contains no acids, no alkalis, no poisonous ingredients to make its use dangerous. It washes 25 cents.

Sold by all Druggists and Grocers everywhere. If you don't bundle it, show him this ad—he'll get it for you. Or send 25c in stamps to A. & RICHARDS CO., Sherman, Texas.—Adv.

Isn't it queer that a man never shows his temper until after he loses it?

Reason for His Looks.
She—Our waiter looks awfully tough.
He—That's all right. I have a bill to tender.

A NEGLECTED GOLD
Is often followed by pneumonia. Before it is too late take Laxative Quinine Tablets. Given prompt relief in cases of Coughs, Colds, La Grippe and Headache. Price 25c.—Adv.

The pope refuses to go outside the precincts of the Vatican.

Bamboo trees do not blossom till they attain their thirtieth year.

To Cool a Burn
and Take
the Fire Out.

Be Prepared
For
Accidents

A Household Remedy
**HANFORD'S
Balsam of Myrrh**
ALINMENT

For Cuts, Burns,
Bruises, Sprains,
Strains, Stiff Neck,
Chilblains, Lame Back,
Old Sores, Open Wounds,
and all External Injuries.

Made Since 1846. Ask Anybody
About It

Price 25c, 50c and \$1.00
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All Dealers

10c Worth of DU PONT
Will Clear \$1.00 Worth of Land

Get rid of the stumps and grow big crops on cleared land. Now is the time to clean up your farm while products bring high prices. Blasting is quickest, cheapest and easiest with Low Freezing Du Pont Explosives. They work in cold weather.

Write for Free Handbook of Explosives No. 68F, and name of nearest dealer.

DU PONT POWDER COMPANY

WILMINGTON DELAWARE

Paxtine

A Soluble Antiseptic Powder to be dissolved in water as needed For Douches

In the local treatment of woman's ills, such as leucorrhoea and inflammation, hot douches of Paxtine are very efficacious. No woman who has ever used medicated douches will fail to appreciate the clean and healthy condition Paxtine produces and the prompt relief from soreness and discomfort which follows its use. This is because Paxtine possesses superior cleansing, disinfecting and healing properties.

For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women, which proves its superiority. Women who have been relieved say it is "worth its weight in gold." At druggists. Write for free sample. The Paxton Toilet Co., Boston, Mass.

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450 Rooms 300 Baths

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